

TMI Focus



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ENTERING A NEW CYCLE

by Laurie A. Monroe



"Our work and research at the Institute are meaningful only if they can be reduced to practical application, to 'something of value' to the participant." I hope that those of you who have attended one of our residential programs will pause for a moment to remember that experience and how it has affected your life. Please take a moment of silence and do this now.

The world we knew has changed irretrievably in the past four months. It is no longer possible to take our security for granted or depend on others to take responsibility for us. We must assume responsibility for our own lives. Many of us have also realized that our time on Earth can end abruptly and unexpectedly. Some of us have reprioritized our lives accordingly and have begun to reevaluate their true meaning and purpose. It is apparent to most of us that it is time to make a difference in the world and in our communities,

but we may question how. What can individuals do to have an impact on world events?

Perhaps the place to start is "at home." As each of us looks within and recognizes his or her soul's purpose, our current path is revealed as a very small part of the journey. Granted, it is an important part because the distilled meaning of the learning experience Here is all that we take with us on leaving the physical plane. Knowing we chose to be here now, at this particular point in history, is evidence that simply by being present we are making a difference for those who follow us. So the first step on the path is a journey inward. As the memory of who we truly are grows stronger and stronger, we are empowered to share that memory with those around us. We do so by simply BEING what we remember, by

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EXPLAINING INFINITY TO A MONKEY: CHALLENGES AND REWARDS OF NVC

by Joseph M. Felser, PhD



Joseph Felser is assistant professor of philosophy at Kingsborough Community College/CUNY in Brooklyn, New York. He has published numerous articles on parapsychology, religion, mythology, and related subjects in both academic and

popular journals. Joe is presently working on a book that examines the future evolution of religion in the light of psychic experience. He made his initial GATEWAY VOYAGE in August 2000, and the power of that experience led him to attend LIFELINE exactly one year later.

It is hard to imagine anything more jarring than to have returned from the August 25–September 1 LIFELINE at Roberts Mountain

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HEARTLINE: A SLEEPER THAT WILL WAKE YOU UP!

by Leslie Sorg Ramsay



Before being catapulted into the world of subtle energies, Leslie Sorg Ramsay had plenty of earth adventures—

through her work in public relations and marketing at the White House, with international cultural programs, and currently as an executive recruiter who helps people to improve their lives, not just change jobs. The foundations of her life crashed in 1997. That year she lost her mother and mentor-father, and at age forty-seven she also became a first-time bride and widow. Although she had driven by TMI numerous times when visiting a long-time family friend, it wasn't until her husband's death that Leslie asked, "What's The Monroe Institute?" The answer immediately got her attention. She read Bob Monroe's three books and signed up for the GATEWAY VOYAGE in 1998, then did GUIDELINES in 1999 and LIFELINE in 2000, followed by HEARTLINE and EXPLORATION 27 in 2001.

I want to live! That's what I felt after a week at The Monroe Institute attending the HEARTLINE program. Before HEARTLINE, I had been emotionally crushed over the death of my husband. I married for the first time four years ago at the age of forty-seven. My husband had terminal cancer when we married and died seven months later. The emotional high of finally finding "the love of my life" to the low of losing him couldn't have been more extreme. I was a graduate of three other TMI programs and I was learning about Hemi-Sync, but never quite "got it"

(by my definition). Still emotionally burdened by the heavy loss of my husband, Walter, and the powerful need to communicate with him, I had high expectations for each program. But HEARTLINE was different.

Previously, I had no interest in attending HEARTLINE because I hadn't felt the need to focus on my heart, which was raw—having already taken enough of a pummeling in grieving the loss of my husband. Also, I assumed the program was probably "psycho-babble," so those attending would be emotionally less mature. I am outgoing and express my feelings easily, so learning to open my heart did not resonate. However, my battered heart needed a lengthy and gentle massage, so I signed up for HEARTLINE. I also knew a week at TMI would provide the physical rest I needed and my mind could travel farther than any airplane could fly. Also, I knew the programs ALWAYS revealed something unexpected, so I arrived with an open mind.

HEARTLINE and the twenty-four hours after it ended, plus continuing conversations with fellow attendees and other TMI graduates, had my head popping with revelations from the enormous experience and how the week had changed my life. The tools gained will guide me into extraordinary future adventures in this life, and beyond. After numerous attempts to communicate with my inner guidance, I finally relaxed and "got it." My inner communications are almost humorous now because I have "someone" to talk to at high speed, with rapid-fire questions and answers. Also, I have patience to wait for the answers now because I know they will come. And, my late husband and I definitely communicated, so I was able to release the emotional pain without losing the depth of my love for him.

I also communicated with my mentor-mother, still alive but

recently diagnosed with Alzheimer's. This was of enormous comfort to me because it had been so painful when she didn't recognize me. I avoided contacting her for months because I felt we were not really communicating. Not so, I learned. She came to me in spirit and clearly communicated during one of the tape exercises. We even visited with her "children," twelve cats now dispersed to separate homes. Now, when I speak with her in person I am comfortable since I *know* that we are communicating—even if she doesn't recognize me. I *know* that we are hugging emotionally and sharing deep love for each other. Later that week I called my sister-in-law, who also has Alzheimer's. Even though she got her facts mixed up, I was totally at ease knowing that at some level, she understood our conversation perfectly and was able to receive my love for her.

Since my HEARTLINE experience taught me how to communicate with someone physically alive but mentally off, I discovered that I could now communicate with people I don't have chemistry with professionally or socially. I now talk with them through their higher energy levels, so my earthly resistance to their personalities or values does not darken my space.

Also, TMI attendees en masse attract and create a huge energy high—much more concentrated energy than any one person could attract or bask in. One realizes how high they have been when the program ends. The breadth of experiences among the group provides many new insights into ways of communicating with different energy levels as well as using the information practically and productively. The week was full of joy and laughter. We danced alone and together. The love and spirit of the individuals made that possible. This fullness

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ENTERING A NEW CYCLE

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conducting ourselves in alignment with our true nature.

Certainly, one way to open to this remembrance is by participating in the *GATEWAY VOYAGE*. In the safe haven created by the *VOYAGE*, participants form deep bonds with one another and acquire the skills and resilience to triumph over life's toughest challenges. Life-changing insights open their hearts to wholeness. They also gain a deep sense of inner security and confidence through directly knowing they survive physical death. That knowing shifts one's perception of physical existence. Compassion and service to others become a way of life. Through serving others, ultimately we also serve ourselves.

If you have not attended the *GATEWAY VOYAGE*, I encourage you to do so. If you are already a program graduate, please consider gifting a friend or loved one. Such an opportunity for revitalization and renewal would be "something of value" to last for a lifetime. Of course, a gift's worth is not measured by its size or its cost. We have received a wonderful response to our recent donation letter—a flood of small gifts that are appreciated more than I can say. So give a book, share a story, or treat a stranger with compassion. Giving of ourselves can bring the collective into balance.

In November I had the opportunity to give a presentation at the Prophets Conference in Florida. My fellow presenters included respected visionaries such as Edgar Mitchell, Greg Braden, Barbara Marx Hubbard, Ilona Selke, and many more. Each of them delivered messages of courage and inspiration. After listening to the speakers, one conference delegate said, "I felt that last weekend really was one of those defining moments in life when you see more clearly how to go forward and the importance of active commitment."

The vision statement of the Prophets Conference, as quoted from their Web site at <http://www.greatmystery.org>, is pertinent to the themes developed in this article.

"Many, and possibly most of the ancient teachings handed down to us from all parts of our planet, have called for a time when a fundamental, all-encompassing change would envelope us. Some placed this forecast in stone and specified this current time of our being as the time for this opening into an inexplicably unifying cycle.

"As our kind breaks free of the stultifying bonds of cultures no longer found suitable for our evolution, we find solace, renewal and understanding of our place by looking outward through our sciences and inward

through our spirits. Our spirits often find newness in the ancient, and our minds often find insight in the rational.

"Taking this freshness to our hearts, we create individually and in concert, and we place a new cycle of realization in motion. The techniques we request present themselves and we call to others to join in the magnificent adventure, and to use what we have found, and then to always find more.

"We bring together the formally hidden with the newly discovered. We find linkage and commonality between the shamanic and the scientific, the anomalous and the certified, the immanent and the transcendent. From cautiously looking into our houses of mirrors we begin to find and then bravely move into multitudes of splendid definitions."

As we move into the New Year, I encourage you to turn inward to your spirit and invite you to reflect what you see outward to cocreate a new cycle of realization. Your enthusiastic participation will encourage others to look beyond appearances and embrace the unifying cycle we are entering. Through resonance, others will feel what you are expressing. That feeling is the gateway to All That Is. By taking a moment to be still and listen to our hearts, perhaps we will BE what we are seeking to express. Through that being we will "make a difference" and give "something of value" to all who share our life journey.



HEARTLINE

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of emotion and fun happens at every TMI program, but I clearly needed the laughter and joy for heart healing at *HEARTLINE*. The outside barriers and facades of our lives disappeared and we had a great time, while gaining tools and insight that would make our lives more fulfilling.

My transition from TMI to home brought another surprise. I unexpectedly adopted a dog named Bailey. I kept that name because at *HEARTLINE* I was reminded of Jimmy Stewart's character in *It's a Wonderful Life*. Named George Bailey, he, too, learned to want to live again. Bailey is my daily reminder that I want to live again.

Postscript

On Thanksgiving Day, after visiting with my late husband's family, I boarded a train to New York. As I sat down, my wedding ring got caught on a metal piece attached to the chair seat, pulling so hard the gold ring split in two (without taking my finger off!). Was it another sign to let go of Walt and love again on this earth? No doubt. The conductor who told me to report it to Amtrak officials was named Mr. Bailey.



EXPLAINING INFINITY TO A MONKEY

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Retreat to witness the horrific events of September 11. I was working in my college office in Brooklyn when the terrorist attacks occurred. Acrid yellow-gray clouds of smoke rising from the wreckage of the World Trade Center filled the sky, burning our nostrils. It was, as many kept repeating, “surreal,” “unbelievable,” “like a movie.” The shock and grief seemed too much to bear. My first instinct was to go to Focus 23 to do what I could to help. But I was too upset even for that. Yet, through it all, I knew in my heart that the extraordinary harmony and lightness of spirit I’d experienced on the top of Roberts Mountain only days before represented a deeper insight into reality than the darkness that descended on the morning of 9/11.

Since then, I’ve been trying to make sense of these traumatic events like everyone else. After the initial shock wore off and I could think more clearly, it occurred to me that it was more urgent than ever to understand the inner workings of human consciousness. Almost half a century ago, Carl Jung issued a terse, but apt, warning. “The great danger is psyche,” he declared. In other words, to the extent that we remain ignorant of our own inner lives, we remain threats to ourselves and to the world at large. We abdicate our responsibility for self-awareness at our own individual and collective peril. Therefore, I think we must make a special effort to appreciate what Bob Monroe dubbed nonverbal communication (NVC): the exceedingly subtle feelings, images, and “knowings” that the deep self uses to transfer information.

This had been on my mind ever since the *LIFELINE*. Now, more than ever, it struck me that there is a real problem with NVC. On the one hand, we readily deal with nonver-

bal information—especially images—when it comes from the outside. Witness the ubiquitous advertisements, videos, and computer graphics that bombard us all the time. Thus, no one really had to explain in words that the terrorists were attacking not merely innocent people, but also buildings that symbolized our economic and military power. We all understood that on a visceral level.

On the other hand, when the sources of nonverbal data are our own inner states of consciousness, we are often mystified as to their meaning. In relation to our intimate imagery and landscapes, we are but strangers in a strange land. I feel this strongly in my own case. Despite having paid close attention to my dreams and inner states for years, I am still astonished by that source. Frequently I am surprised, and sometimes just plain befuddled, by what I encounter in some of my adventures in the Focus states.

An example from my *LIFELINE* illustrates this point. One of our final exercises on the last full day of the program was the *Moment of Revelation* tape from the *GOING HOME* series. As our trainers explained the tape during the briefing, I could feel a knot tighten in the pit of my stomach. “What if I don’t get a revelation?” I moaned inwardly. Talk about putting yourself under pressure! By the time I returned to my CHEC unit I had consciously resolved to just let it be. After all, I had had such a marvelous week, what did it matter even if I dozed off or clicked out on this one? In truth, however, the anxiety and worry remained. What if I didn’t get the prize?

The tape was well guided. I followed along with the instructions, relaxing into the experience of flowing beyond the known universe to that interface with the Great Unknown. I did feel “far out” but, beyond that, sensed only an empty

blackness. Suddenly, however, I caught a glimpse of something. I had the impression of a huge auditorium, like an old-fashioned movie theater or playhouse. I was seated in the audience with perhaps a handful of other people. The house lights were dim, and the heavy red velvet drapes that covered the screen or stage were closed. Had the show just ended, I wondered, or was I too early and it hadn’t even begun? It was impossible to tell.

As the image vanished, I felt a rising tide of frustration and anger. “How utterly silly and meaningless,” I whined mentally. I journey to the edge of the known universe, and *this* is it? My *Big Revelation*? I returned to full waking consciousness feeling like I’d somehow been cheated. I would have preferred to experience nothing. I don’t know what I was expecting—perhaps a spectacular light show straight out of Kubrick’s *2001*. But whatever it was, I was absolutely sure that I didn’t get it.

I sat up in my CHEC unit and began making notes in my journal. Then something totally unexpected happened. I began to chuckle out loud as I suddenly received the flash of an inner “knowing”—one of those handy thought-balls Bob Monroe called a ROTE. Absolutely brilliant! What a fool I’d been! As I excitedly unpacked the message of the ROTE and hastily translated it into words and a primitive sketch, the economy of expression and sense of humor displayed by this subtle intelligence amazed me. After all, I mused, how might we go about trying to explain the concept of infinity to, say, a monkey? Well, I had been the monkey. And the image had been a brilliant stroke.

The message of the symbol was now crystal clear. Was the show about to begin, or had it just concluded? Neither. Or, both. Paradoxically, it is always just beginning, always just ending; and yet, it

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LETTERS

In January 2001, Darlene Miller, PhD, TMI's director of programs, received the following letter from Darrell Williams, an inmate at Corcoran Prison. Dr. Miller has quietly maintained a prison outreach program over the years, and Darrell wrote that "Hemi-Sync is working miracles for those incarcerated" at Corcoran. He gave permission to reprint his letter here.

I hope and pray that this letter finds you and the Monroe Institute family in the best of health and spirits during the holiday season. It is a privilege to be able to communicate with you on the progress we are making at Corcoran Prison with our spiritual study group. Firstly, I would like to report that the Hemi-Sync GATEWAY EXPERIENCE series, along with the H-PLUS systems, received an overwhelming response from the men. After proper orientation in the use of Hemi-Sync, they were very anxious to try it.

The program was developed as follows. Our first objective was to find an appropriate place to get together for discussions and direct use of Hemi-Sync. The chapel, which had plenty of rooms in which to listen to Hemi-Sync privately, was used for this purpose. We were able to connect two people at once to one CD unit with the use of double jacks. Not only that, but we were able to confine them in separate altar rooms. We created, in effect, a "CHEC-like" environment to take our journeys. So that the GATEWAY EXPERIENCE would be continuous and ongoing, we would assign Hemi-Sync to individuals to use in the privacy of their cells (a twelve-by-twelve-foot measurement) when our group was not in session.

The results were astounding. Two of the men who wanted to kick their smoking and alcohol habits were able to curb the urges and stop completely. Some were able to control negative emotions more effectively. One participant in our program was well known by some of the guards here, and they began wondering what was happening to this prisoner. They noticed a complete attitude change in him and wanted to know why. After I explained to them that he participated in our sound technology program, they became very interested and wanted to use Hemi-Sync themselves! Now some of the prison staff is purchasing Hemi-Sync for personal use.

The GATEWAY EXPERIENCE created a whole, complete experience for us. Many unexpected things began to happen to some of the men. Some noted heightened awareness of the mind/body/spirit connection. Because Hemi-Sync allows one to go deeper into levels of consciousness never explored before, it allowed us to explore many inner conflicts that were responsible for shaping our lives negatively. Sometimes the visualizations were very powerful. Many of these pictures were placed there in childhood by painful events, when our

view of the world was not mature. Some of the participants had images of being unlovable, feeling worthless, being guilty, failing at relationships, etc. Because our current life is a very good reflection of what's in our consciousness, the visualizations/feelings being stored internally can be seen most clearly with Hemi-Sync. The GATEWAY series has helped to gradually dissolve old conditionings and old pictures, along with their associated feelings and thoughts.

In our sessions, we concluded that our true power comes from the recognition and acceptance of our own imperfection and that of the world. For us it means that we no longer seal off and reject our own shadow material. On the contrary, we welcome it. As the Chinese philosopher Lao-Tzu says: "Darkness within darkness. The gateway to all understanding." Hemi-Sync along with our meditations allows us to look further and further into darkness, further and further into our sealed-off pain, because that is where the light is found. In the dimension of mind, visualizing through Hemi-Sync is a complementary process, which we use along with our "spirit walking" or "astral-projections." Hemi-Sync has allowed me to personally intensify my concentration during my out-of-body journeys. More on this in the next report.

We would like to thank you for your compassion and generosity in helping us with our program. My friend, it is good to know that there are still a few people who care about us misfits, outcasts, deviants, miscreants, etc. I appreciate that you are there, as do the other men here. We are ready to receive Waves III and IV of the GATEWAY EXPERIENCE series and will keep all of you in our thoughts and prayers. I have much respect and admiration for you, your staff, and your commitment to helping us prisoners.

[Daryl sent the promised update in October.]

How are you? As always, it is a privilege to write to you. The men are doing great, exploring the possibilities of change. We had to wait several months before contacting you about our progress as *Odyssey, Wave VII*, gave us much discussion on self-discovery. Let me begin by saying that the GATEWAY EXPERIENCE has been a transforming, inspirational tool for prisoners to experience directly and immediately the goal of all transformation—their own inner Self. We have found that there is a tremendous "knowing" that leaps into the mind when it is silent, when it has given up trying to understand, when all of its false imaginings and projections have been exposed. In arousing our innate wisdom, we can clarify our actions and ourselves. We can illuminate the very causes of conflict, doubt, and fear within us. Before

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THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center. Contact Trina Murphy at (434) 361-1252 or Toinfinity27@aol.com to register for programs listed below. Contact Shirley Bliley at (434) 361-9132 or DEC1PD@aol.com to register for the March 9-13, 2002, Professional Seminar.

2002

BEYOND EXPLORATION 27
(For EXPLORATION 27 Graduates)

May 4-8 (RMR)

September 7-11 (RMR)

EXPLORATION 27

(For LIFELINE Graduates)

April 13-19 (RMR)

June 8-14 (RMR)

July 20-26 (RMR)

October 5-11 (RMR)

GATEWAY VOYAGE

January 19-25

February 2-8

March 2-8

April 13-19

April 20-26

May 4-10

June 1-7

July 13-19

August 3-9

August 17-23

September 7-13

September 21-27

October 5-11

October 19-25

November 2-8

November 16-22

December 7-13

GUIDELINES

(A Graduate Program)

January 26-February 1

March 16-22 (RMR)

April 20-26 (RMR)

June 1-7 (RMR)

August 3-9 (RMR)

September 14-20 (RMR)

October 26-November 1 (French) (RMR)

November 9-15 (RMR)

HEARTLINE

(A Graduate Program)

April 27-May 3 (RMR)

August 10-16 (RMR)

October 12-18 (RMR)

LIFELINE

(A Graduate Program)

February 9-15

April 6-12 (RMR)

May 18-24 (RMR)

July 13-19 (RMR)

September 21-27 (RMR)

October 19-25 (RMR)

MC

(A Graduate Program)

March 23-29

June 22-28

October 26-November 1

PROFESSIONAL SEMINAR

March 9-13

TEEN GATEWAY

July 27-August 2

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.



CDs and tapes utilized with their case study and were invited to present at the national conference.

Richard regularly employs Hemi-Sync with the fifty- to ninety-year-old residents of a state-owned long-term-care facility and the results have been excellent.

Appearances

On October 4, TMI Research Director F. Holmes "Skip" Atwater addressed the Blue Ridge Chapter of the American Society of Dowsters, based in Charlottesville, Virginia. Skip spoke on the work of The Monroe Institute and also gave his listeners the inside story on formerly classified government remote viewing activities, which are detailed in his book, *Captain of My Ship, Master of My Soul*.

Laurie A. Monroe, Monroe Institute president, was a featured speaker for "Healers & Heroes," the 2001 Prophets Conference held November 16-18 at Duck Key, Florida. Laurie focused on the many benefits of Hemi-Sync and the Institute's global vision and mission, with special emphasis on the healing outreach of TMI's Dolphin Energy Club. Conference participants responded enthusiastically and emotionally to a tape experience guided by Laurie.

Richard Staudt, MOT, ORT/L, and a colleague presented "Hemi-Sync as a Complementary Treatment with Long-Term Care Residents" at the annual conference of the Pennsylvania Occupational Therapy Association held October 19-20. They played excerpts from

Books

The following titles are available from Monroe Products.

Robert A. Monroe's trilogy:

**JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY**

Healing Myself, by Gari Carter
Cosmic Journeys, by Rosalind A. McKnight
Mind Trek, by Joseph McMoneagle
Remote Viewing Secrets, by Joseph McMoneagle
The Ultimate Time Machine, by Joseph McMoneagle
Using the Whole Brain, edited by Ronald Russell

New Books

Chok C. Hiew, PhD, calls *Tao of Healing: The Incredible Golden Light Energy* "an autobiographical journey of self-discovery [that] provides a unique approach to health and energy healing." Dr. Hiew's enthralling journey began in his native Malaysia, then ranged to the United States, Canada, and Mexico, and circled back to Malaysia and Thailand. Chapter 10, "Lighting up Virginia," describes

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Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. Please inform us promptly of changes in location and phone/fax numbers. Call (434) 361-9132 or e-mail DEC1PD@aol.com with changes or to be removed from the list.

AUSTRALIA
ADELAIDE, S.A.
Clive Elms
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(61) (08) 8268-5852
Claire Eyrac
(61) (08) 8346-7936

SYDNEY
Ashle Trucano
(41) (2) 9953-1155

BELGIUM
THIMISTER
Patrick Bartholome
(32) (87) 44-70-70

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HALIFAX, NS
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(902) 443-2692
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(705) 329-3031
TORONTO, ONT
Blair Swanson
(416) 694-2908
VANCOUVER, BC
Carol Biernat
(604) 261-2840

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(352) (6) 621272

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(45) 98385751

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(353) (42) 75522

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Daniel K. Meyer
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Marion Light Ray
(505) 388-5782
STONE MOUNTAIN, GA
Gretchen Jaccino
(404) 716-5857
SURFSIDE BEACH, SC
(until May 15)
C.J. & Stella Stevens
(843) 215-1097
TEMPE, AZ
Marcie A. Kailer
(602) 968-3021
TOLEDO, OH
Eileen Tucker
(313) 856-5251
TULSA, OK
Bruce W. Freeman
(918) 742-0743
WALLINGFORD, CT
Mike Cei
(203) 265-9851

the joint experiences of himself and his sifu, S. Y. Yap, while attending The Monroe Institute's Thirteenth Professional Seminar. Hiew feels those experiences validated wisdom gleaned from Eastern traditions and convinced him that he was "ready to be a cultivator of the Tao or Metta way." *Tao of Healing* is \$15.95 in softcover from <http://www.iuniverse.com> or your local bookseller.

Newspapers

The September 2001 issue of *Echo*, volume 5, number 9, included Jim Ward's laudatory review of Skip Atwater's autobiography, *Captain of My Ship, Master of My Soul*. The piece, titled "Remote Viewing Revelations," emphasized that facet of Skip's life journey.

"Monroe Miracle" by Laurie A. Monroe appeared in *Echo*, volume 5, number 12, December 2001. The story, excerpted from Laurie's lead article in the summer 2001 TMI FOCUS, described her experience while extending distant healing to a friend following his surgery for esophageal cancer, as well as his dramatic response to healing support.

Radio

TMI was a presence on the airwaves during December due to several interviews by Skip Atwater. On December 6, he was a guest on *The Larger Universe*. This Internet radio program is archived at <http://www.nightsearch.net>. Skip did live interviews with Jeff Rense on December 13 and with Whitley Strieber, host of *Dreamland*, on December 29. The Rense show can be accessed at <http://www.rense.com>. The Dreamland website is <http://www.unknowncountry.com>.



QUARTERLY TAPE

NETWORK OF LIGHT Nervous System

With this exercise we come full circle. It is easy to visualize the nervous system as a literal network of light interpenetrating our skins and touching every organ system and cell in our bodies. This system is built for speed. Electrical nerve impulses shift to chemical messages and back again in an instant. The nervous system can regenerate: bone marrow immune cells travel to the brain and transform into neurons. Biochemicals released by neurons and the cells that protect them are capable of stimulating or suppressing immune activity. Those same protector cells move back and forth between brain and body delivering and receiving information. *Nervous System* teaches you to send life-giving messages that initiate change at the speed of thought humming along your nerve fibers. Once again, you will use deep, receptive relaxation as a "switch" to turn on your inner network of light.

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUTREACH* Trainers and facilitators listed on the Expanded Workshop insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

LETTERS

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becoming incarcerated, each of us, in his own way, was seeking liberation. We wanted to experience the rapture of life. For most, we have been taught to pursue this through "addition," not "subtraction." We thought we needed to add happiness, prosperity, love, and success. However much we added to ourselves through drugs, crime, and violence, still we were not whole.

As we focused on our experience with *Odyssey*, we were amazed to discover how many self-limiting thoughts we had. Some of the men even cried during the session. Please note that this is not a manly thing to do in prison. I personally met my dead father in a glow of light. He embraced me and told me he was sorry, something I needed to be aware of. The journeys have been extraordinarily varied, and we are continuing our explorations with the tape systems. In fact, our group has grown quite large as a result of the men telling friends and associates on the yard. This is the only group in the prison that has participation from all races—black, white, and Hispanic. Unbelievable!



RESEARCH UPDATE

Signe Klepp, OT, of Kongsgård Hospital in Norway, is beginning a pilot project assessing Hemi-Sync use to improve functioning and life quality of brain trauma patients. Martin S. Tamler, MD, is conducting an informal assessment of binaural beat sleep tapes with chronic pain, fibromyalgia, and chronic fatigue patients at Beaumont Hospital. Irene Osborn, MD, Ram Roth, MD, and Ariane Lewis of the Mount Sinai Department of Anesthesiology are researching the *Effect of hemispheric synchronization on intra-operative analgesia requirements*. A formal study of *The impact of Hemi-Sync audio technology on side effects of radiation treatment* is in progress at St. Peter's Hospital under the direction of Jonathan Holt, MD, and Alicia Recore, PhD. James D. Lane, PhD, of Duke University Medical Center has received IRB approval for a *Study of binaural beat effects on mood and concentration*. Phone (434) 361-9132 or e-mail dec1pd@aol.com for a current list of ongoing and completed research.

EXPLAINING INFINITY TO A MONKEY:

Continued from page 4

never begins, it never ends. The "show," of course, is the universe—thoroughly dynamic, always evolving, never resting. The ancient Greek philosopher and visionary Heraclitus described this infinite process as "the ever-living fire." Later I was reminded of the poetic words that Bob Monroe translated from the ROTE he received during his voyage to the Emitter and described in *Ultimate Journey*:

There is no beginning, there is no end,
There is only change.
There is no teacher, there is no student,
There is only remembering.
There is no stasis, there is no entropy,
There is only motion.

When I shared my story with the rest of the group in the debriefing session, everyone had a good laugh (including yours truly). But I think there is a serious point here that everyone should consider. We owe it not merely to ourselves, but to each other, to pay attention to our psyche—the ancient Greek word for "soul." We must learn to respect and understand the language of the psyche, even though (and perhaps especially because) that language is different from what we are used to and what feels most comfortable to us. This is our responsibility. If we wish to create a more harmonious world, we can't forget that charity begins at home. That's what I remembered at *LIFELINE*.



Captain of My Ship, Master of My Soul

by F. Holmes "Skip" Atwater

will be reviewed in the spring

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